***SELF-MANAGEMENT SKILLS***

***Subset of Skills***

**Gross motor skills** Exhibiting skills in which groups of large muscles are used and the factor of

strength is primary.

**Fine motor skills** Exhibiting skills in which precision in delicate muscle systems is required.

**Spatial awareness** Displaying a sensitivity to the position of objects in relation to oneself or

each other.

**Organization** Planning and carrying out activities effectively.

**Time management** Using time effectively and appropriately.

**Safety** Engaging in personal behaviour that avoids placing oneself or others in

danger or at risk.

**Healthy lifestyle** Making informed choices to achieve a balance in nutrition, rest, relaxation

and exercise; practising appropriate hygiene and self-care.

**Codes of behaviour** Knowing and applying appropriate rules or operating procedures of groups

of people.

**Informed choices** Selecting an appropriate course of action or behaviour based on fact or

opinion.

***Why are these skills important to develop?***

These skills are used on a day to day basis and are needed for human functioning. And being part of the IB PYP curriculum needs to be referred to.

***How are these skills connected across the subject disciplines?***

**Gross motor skills:** PE, Drama, Dance, Art, Music

**Fine Motor Skills:** Languages, Art, Science, IT, PE, Music

**Spatial Awareness:** Math, Dance, PE, Art, Science, Music

**Organization:** Needed for all subjects

**Time Management:** Needed for all subjects

**Safety:** PE, Science, Dance

**Healthy Lifestyle:** Science, PE

**Codes of behavior:** Needed for all subjects

**Informed choices:** Needed for all subjects

***How would you best teach these skills?***

* affirmation to students when they display one of these skills
* outside the classroom environment – eg. Food choices at canteen, washing hands
* Staff role modeling these skills
* Regular use of the words (saturation)
* For safety – fire drills etc
* Peer support and activities

***How would you assess the development of these skills?***

* Observations made from homeroom teacher
* feedback from specialists
* anecdotal recording
* written work or artistic creations (fine motor skills)
* PE, drama, and dance activities (gross motor skills)
* Attendance, submitting work on time (time management)